



MINDFUL LIVING

2021-2022 Class Options

- **Mindful Co-Parenting**
- **Mindful Movement** *Private Only
- **Mindful Parenting of Teens**
- **Mindful Relationships** *Private Only
- **Mindfulness-Based Stress Reduction**

➤ **Mindful Nurturing Parenting :**

SCHEDULED GROUP CLASSES – 8 weeks on WEDNESDAYS *Private classes also available.

9:00 – 11:00AM **August 4th – September 22nd, 2021**

NOW Pre-REGISTERING at www.plumasruralservices.org/mindful-living

1:00 – 3:00PM September 29th – November 17th, 2021

9:00 – 11:00AM January 12th – March 2nd, 2022

1:00 – 3:00PM March 9th – April 27th, 2022

GROUP classes are \$200/per person (minimum 6 participants – scheduled as needed)

PRIVATE Sessions are \$68/per hour

For more information contact:

Leslie Wall, Mindful Living Coordinator

530-283-3611 (voice/text)

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All sessions are offered remotely using private video conferencing and require access to the internet via cell phone, tablet, or computer.

